

### STEP 1 - Wall Push-Ups



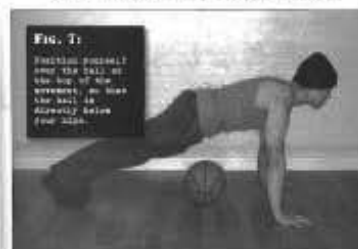
### STEP 2 - Incline Push-Ups



### STEP 3 - Kneeling Push-Ups



### STEP 4 - Half Push-Ups



### STEP 5 - Full Push-Ups



### STEP 6 - Close Push-Ups



### STEP 7 - Uneven Push-Ups



### STEP 8 - 1/2 One-Arm Push-Ups



### STEP 9 - Lever Push-Ups



### STEP 10 - One-Arm Push-Ups



#	PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall	1x10	2x25	3x50
2	Incline	1x10	2x20	3x40
3	Kneeling	1x10	2x15	3x30
4	Half	1x8	2x12	2x25
5	Full	1x5	2x10	2x20
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	1/2 One-Arm	1x5	2x10	2x20
9	Lever	1x5	2x10	2x20
10	One-Arm Push-Up	1x5	2x10	1x100

## STEP 1 - Shoulderstand Squats



## STEP 2 - Jackknife Squats



## STEP 3 - Supported Squats



## STEP 4 - Half Squats



## STEP 5 - Full Squats



## STEP 6 - Close Squats



## STEP 7 - Uneven Squats



## STEP 8 - 1/2 One-Leg Squats



## STEP 9 - Assisted One-Leg Squats



## STEP 10 - One-Leg Squats



#	SQUATS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Shoulderstand	1x10	2x25	3x50
2	Jackknife	1x10	2x20	3x40
3	Supported	1x10	2x15	3x30
4	Half	1x8	2x35	2x50
5	Full	1x5	2x30	2x30
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	1/2 One-Leg	1x5	2x10	2x20
9	Assisted One-Leg	1x5	2x10	2x20
10	One-Leg Squat	1x5	2x10	2x50

### 1 - Vertical Pulls



### 2 - Horizontal Pulls



### 3 - Jackknife Pulls



### 4 - Half Pull-Ups



### 5 - Full Pull-Ups



### 6 - Close Pull-Ups



### 7 - Uneven Pull-Ups



### 8 - 1/2 One-Arm Pull-Ups



### 9 - Assisted Pull-Ups



### 10 - One-Arm Pull-Ups

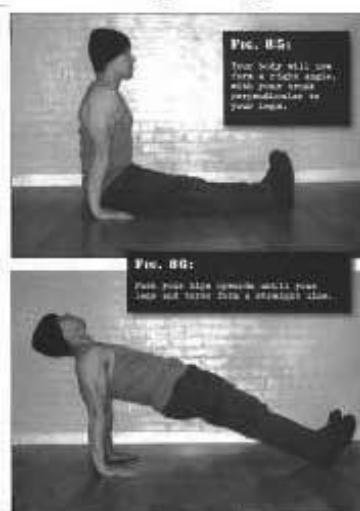


#	PULL-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Vertical Pulls	1x10	2x20	3x40
2	Horizontal Pulls	1x10	2x20	3x30
3	Jackknife Pulls	1x10	2x15	3x20
4	Half	1x8	2x11	2x15
5	Full	1x5	2x8	2x10
6	Close	1x5	2x8	2x10
7	Uneven	1x5	2x7	2x9
8	1/2 One-Arm	1x4	2x6	2x8
9	Assisted	1x3	2x5	2x7
10	One-Arm Pull-Up	1x1	2x3	2x6

## 1 - Short Bridges



## 2 - Straight Bridges



## 3 - Angled Bridges



## 4 - Head Bridges



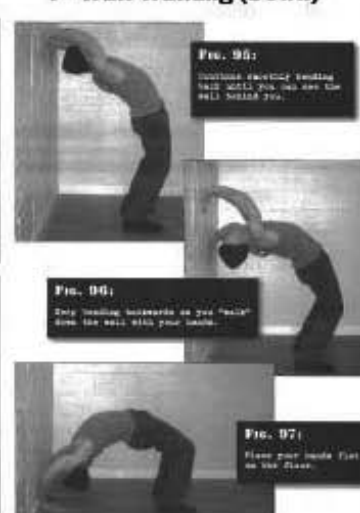
## 5 - Half Bridges



## 6 - Full Bridges



## 7 - Wall Walking (Down)



## 8 - Wall Walking (Up)



## 9 - Closing Bridges



## 10 - Stand-To-Stand Bridges



#	BRIDGES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Short	1x10	2x25	3x50
2	Straight	1x10	2x20	3x40
3	Angled	1x8	2x15	3x30
4	Head	1x8	2x15	2x25
5	Half	1x8	2x15	2x20
6	Full	1x6	2x10	2x15
7	Wall Walking (Down)	1x3	2x6	2x10
8	Wall Walking (Up)	1x2	2x4	2x8
9	Closing	1x1	2x3	2x6
10	Stand-To-Stand Bridge	1x1	2x3	2x10-30



### 1 - Knee Tucks



### 2 - Flat Knee Raises



### 3 - Flat Bent Leg Raises



### 4 - Flat Frog Raises



### 5 - Flat Straight Leg Raises



### 6 - Hanging Knee Raises



### 7 - Hanging Bent Leg Raises



### 8 - Hanging Frog Raises



### 9 - Partial Straight Leg Raises



### 10 - Hanging Straight Leg Raises



#	LEG RAISES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Knee Tucks	1x10	2x25	3x40
2	Flat Knee Raises	1x10	2x20	3x35
3	Flat Bent Leg Raises	1x10	2x15	3x30
4	Flat Frog Raises	1x8	2x15	3x25
5	Flat Straight Leg Raises	1x5	2x10	2x20
6	Hanging Knee Raises	1x5	2x10	2x15
7	Hanging Bent Leg Raises	1x5	2x10	2x15
8	Hanging Frog Raises	1x5	2x10	2x15
9	Partial Straight Leg Raises	1x5	2x10	2x15
10	Hanging Straight Leg Raises	1x5	2x10	2x30

## 1 - Wall Headstands



## 2 - Crow Stands



## 3 - Wall Handstands



## 4 - Half Handstand Push-Ups



## 5 - Handstand Push-Ups



## 6 - Close Handstand Push-Ups



## 7 - Uneven Handstand Push-Ups



## 8 - 1/2 One-Arm Handstand Push-Ups



## 9 - Lever Handstand Push-Ups



## 10 - One-Arm Handstand Push-Ups



#	HANDSTAND PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall Headstands	30 sec.	1 min.	2 min.
2	Crow Stands	10 sec.	30 sec.	1 min.
3	Wall Handstands	30 sec.	1 min.	2 min.
4	Half Handstand Push-Ups	1x5	2x10	2x20
5	Handstand Pushups	1x5	2x10	2x15
6	Close	1x5	2x9	2x12
7	Uneven	1x5	2x8	2x10
8	1/2 One-Arm	1x4	2x6	2x8
9	Lever	1x3	2x4	2x6
10	One-Arm Handstand Push-Up	1x1	2x2	1x5